

## Briefs . . .

### **Avoid traffic congestion**

Avoid traffic congestion going out-bound at the Walters Street gate by using the New Braunfels gate. The New Braunfels gate is open for outbound traf-fic only from 11 a.m. to 1 p.m. and 4 p.m. to 6 p.m. Monday through Friday.

### **Women’s Equality Day**

Fort Sam Houston will sponsor a Women’s Equality Day event called “Celebrating Women’s Right to Vote” Aug. 26 from 11 a.m. to 1 p.m. at the Sam Houston Club. The guest speaker will be retired Sgt. Maj. Kasha Zilka. Tickets are \$12 and include lunch. For more information, contact a unit equal opportunity adviser or call Master Sgt. Michael Boehringer, installation EOA, at 221-9276 or 336-4993.

### **BAMC celebrates women’s equality**

Brooke Army Medical Center will honor Women’s Equality Day Aug. 26. Special guest Capt. Maria Doucetperry, BAMC Judge Advocate General, will speak from 12 to 1 p.m. in the fourth floor BAMC auditorium. Enjoy informational exhibits and film presentations in the BAMC medical mall from 8 a.m. to 3 p.m. For more information, call Sgt. 1st Class Isaac Day at 916-5991.

### **AUSA luncheon**

The Association of the U.S. Army will sponsor a luncheon Sept. 16 at 11:30 a.m. at the Sam Houston Club. The guest speaker will be Col. David A. Rubenstein, assistant surgeon general and deputy chief of staff for force sustainment.

### **Newcomers’ Extravaganza**

The Newcomers’ Extravaganza will be Aug. 30 at 9 a.m. at the Roadrunner Community Center, Building 2797, on Stanley Road. The event is mandatory for permanent party in-processing Soldiers, lieutenant colonel and below, within 60 days of their arrival. Commanders and supervisors are encouraged to give Soldiers and civilian employees adminis-trative time to attend. Children are wel-come. For more information, call the Army Community Service Relocation Assistance Program at 221-2705 or 221-2418.

### **AFTB Level I**

Army Family Team Building is offer-ing Level I classes Aug. 25 and 26 from 8:45 a.m. to 2:15 p.m. at the Roadrunner Community Center, Building 2797, on Stanley Road. Attendees will learn to navigate the Army culture, decode acronyms and much more. For more information, call Sue York or Amy Malec, AFTB office, at 221-0275 by Friday to register for the classes.

### **OCSC coffee, membership drive**

The Officer and Civilian Spouses’ Club will host a welcome coffee and membership drive Tuesday at 10 a.m. at the Stilwell House on Infantry Post. No reservations are required and the event is for adults only.

## Back to school



Photo by Dr. Gloria Davila

Chris Sherman, Alternative Learning Center teacher at Fort Sam Houston Elementary School, reads a story to kindergartners about first-day jitters Monday, the first day of school for the Fort Sam Houston Independent School District. For more photos of the first day of school and back-to-school bashes around post, see Pages 18 and 19.

# Joint medical course crosses multiservice, multicultural divide

By Elaine Wilson  
Fort Sam Houston Public Information Office

The Defense Medical Readiness Training Institute at Fort Sam Houston offered a med-ical readiness course in August that not only transcended multiservice boundaries; it crossed international borders.

Seventy-five officers traveled to San Antonio from installations throughout the world for the weeklong Joint Operations Medical Managers Course. The semiannu-al training equips senior medical officers with the skills they need to lead a joint task force surgeons’ cell during war or humani-tarian operations.

While the bulk of attendees were from the U.S. uniformed services, a handful of officers brought an international flavor to the event, including three Germans, two Australians, three Canadians and one Afghan, the first doctor from Afghanistan to attend the course.

Col. Alan Moloff, DMRTI commander, likened the course to a stew.

“To make a dish, you need a certain amount of each ingredient, which is not unlike military operations,” he said. “We need surgeons, blood, medical logistics, security and so on. You have a recipe for success if you know how much of each ingredient you need.”

Moloff recalled a deployment to Albania in 1999, where he learned first hand about the importance of “ingredients.”

“When you lead a unit, even in the medical field, you have to know a little about everything,” he said. “When I was deployed to Albania, we had a water flooding problem, and I had to know who to turn to for help. Medical commanders don’t just treat patients, they have to think about support facilities, security, supplies and so on. You may not know what to do but, in this course, you learn what ques-tions to ask.”

See **MEDICAL COURSE** on Page 4

## Army implements Sexual Assault Prevention, Response Program

By Andricka Hammonds  
Fort Sam Houston Public Information Office

The U.S. Army implemented a new program to directly address incidents of sexual assault that concentrates on educating leaders and victims on their rights and responsibilities.

The Sexual Assault Prevention and Response Program is designed to eliminate incidents of sexual assault by focusing on education, prevention, integrated victim support, rapid reporting, thorough investigation and appropriate follow-up action for vic-tims.

The new program educates and encourages those who are sex-ually assaulted to come forward and report their experience with-out fear of feeling shame or public embarrassment.

“We want more people to report their cases of sexual assault. This program will encourage more people to come forward, it’s

long overdue,” said Ingrid Bethel-Constable, Fort Sam Houston Sexual Assault Response coordinator.

Sexual assault is defined as an intentional sexual contact charac-terized by use of force, physical threat or abuse of authority or when the victim does not or cannot consent. Sexual assault can occur with-out regard to gender, spousal relationship or age of victim.

The program promotes sensitive care and confidentiality for victims of sexual assault and accountability for those who commit these crimes. It also ensures that Army leaders understand their roles and responsibilities in terms of the care and treatment of sex-ual assault victims, investigation and reporting procedures.

Prior to this program, there were no set procedures for victims to follow. Filing a police report with the military police was their only option. This new program gives the victims options on how they would like to deal with their assault case.

See **SEXUAL ASSAULT** on Page 4

# Slow down Post enforces school zone speed limits

By Staff Sgt. Ronald Shaw  
Department of Emergency Services

With school back in session, people need to be aware of the school zones. There are two schools located on this installation and both have clearly defined school zones.

The speed limit is 20 mph. The school zones located on Nursery and Williams Roads both have flashing yellow lights to warn motorists to slow down prior to entering the school zone. A motorist must already be at 20 mph when entering the

school zone; it is not lawful to slow down to 20 mph once you enter the school zone.

The National Highway Traffic Safety Administration advises motorists to help increase school zone safety by following these steps:

- When backing out of a driveway or leaving a garage, watch out for children walking or bicycling to school.
- When driving in neighborhoods with school zones, watch out for young children who may be thinking about getting to school, but may not be thinking about getting there safely.

- Slow down. Watch for children walking in the street, especially if there are no sidewalks in a neighborhood.
- Slow down. Watch for children playing and congregating near bus stops.
- Be alert. Children arriving late for the bus may dart into the street without looking for traffic.
- Learn and obey the school bus laws in your state. Learn the “flashing signal light system” that school bus drivers use to alert motorists of pending actions.

The Fort Sam Houston police will be vigilant in enforcement efforts to deter

motorists from speeding in the school zones. Motorists who are caught speeding in the school zones will be issued a citation.

Although school zones are a high visibility area right now due to school being back in session, speeding across the entire installation is still a concern. The Fort Sam Houston police have intensified speed control through enforcement operations at various locations. A total of 197 speeding citations were issued during a 16-day period in July. Watch the speed limits and avoid accidents.

## Fort Sam Houston News Leader

This Army newspaper is an authorized publication for members of the Department of Defense. Contents of the News Leader are not necessarily the official views of, or endorsed by, the U.S. government or Department of the Army. It is published weekly by the Army Medical Department Center and School and Fort Sam Houston Public Affairs Office, 1212 Stanley Road, Suite 4, Fort Sam Houston, Texas 78234-5004; (210) 221-0615, DSN 471-0615. Printed circulation is 10,000. Everything advertised in this publication shall be made available for purchase, use or patronage without regard to race, color, religion, sex, national origin, age, marital status, physical handicap, political affiliation, or any other nonmerit factor of the purchaser, user or patron. If a violation or rejection of this equal opportunity policy by an advertiser is confirmed, the printer shall refuse to print advertising from that source until the violation is corrected. The



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## War heroes honored



Photo by Kelly Schaefer

Brig. Gen. James K. Gilman, commander, Great Plains Regional Medical Command and Brooke Army Medical Center, presented Purple Hearts to a group of Soldiers Aug. 11 during a ceremony at BAMC. All of the recipients earned the medal for injuries sustained in Iraq in support of the Global War on Terrorism except retired Sgt. Maj. Eduardo Fernandez, who was injured in 1951 in the Korean War and wanted to receive the medal with his fellow Soldiers. The recipients are (front row, from left) Spc. William Nakaza, Staff Sgt John Bagge, Spc. Daniel Knapp and Spc. Adrian Sosa; and (back row, from left) Command Sgt. Maj. Craig Layton, Fernandez, Sgt. 1st Class Nathan Wilde, Sgt. Juan Arredondo, Sgt. Russell Himmelberger, Gilman, Sgt. Anesi Tuufuli, Cpl. Stanley Tell, Spc. Fa'afetai Feleti and Spc. Anthony Thompson.

# Army teams with Air Force for force protection exercise

By Elaine Wilson  
Fort Sam Houston Public Information Office

When Soldiers from the 56th Forward Signal Detachment were looking for a helping hand with its force protection exercise, they looked to a service not always associated with ground operations – the Air Force.

The detachment used the Air Force's Basic Combat Convoy Course at Camp Bullis in July to bring its Soldiers up to speed on convoy operations and base defense.

"The goal was to prepare the Soldiers for a deployment to Iraq," said Staff Sgt. Jeffery Gaines, signal systems NCO in charge. "We stumbled on this course when researching possible locations and immediately put in a request for training."

The detachment became the first Army unit to run through the convoy course, which is primarily geared toward Airmen.

"The course has been up and running for about a year, but this was the first Army unit to participate," said Air Force Tech. Sgt. Richard Conrad, course instructor. "However, the course was adapted by the Air Force from an Army curriculum and includes Army-specific terminology and equipment training, so we felt confident in our instruction."

To kick off the three-day training, Airmen instructors, from security forces and transportation backgrounds, first put the detachment's 15 Soldiers to the test during a grueling 21-hour round of convoy training that subjected the Soldiers to ambushes, sniper attacks and improvised



Courtesy photo

Spc. Ivan Perez searches the engine compartment of a vehicle with the driver as Spc. Rahman Ibsaladdin pulls security of the vehicle's passengers during the Air Force's Basic Combat Convoy Course at Camp Bullis. The Soldiers are from the 56th Forward Signal Detachment.

explosive devices. Rather than instructors, randomly picked Soldiers were assigned convoy command duty.

"If a commander is killed, we wanted to see how the next in line would perform," Gaines said. "And that person could be anyone. We wanted them to think about what they would do next."

With little rest, the Soldiers then embarked on a day and night scenario in a mock city. As the convoy rode through the city, Airmen attacked the Soldiers with

snipers and ambushes made realistic with simulated explosives and lifelike sound effects.

"It was exactly as I remembered," said Gaines, who was with the first Stryker battalion deployed to Iraq – the 3rd Stryker Brigade Combat Team from Fort Lewis, Wash.

The next phase included vehicle and personnel searches with simulated terrorists and car bombs, followed by a site defense exercise. In the exercise scenario,

the Soldiers had to respond to attacks on a forward operating base.

Although the Airmen threw every challenge they could at the troops, the Soldiers scored a resounding success at the course and the respect of the instructors, Conrad said.

"They impressed me with their attention to detail and highly motivated attitude," he said. "They handled everything we dished out and still wanted more."

In turn, the Soldiers said they were also impressed.

"The Air Force provided us with a realistic, effective training that definitely did what we needed it to do – prepare our Soldiers for a future deployment," Gaines said.

"Convoy operations are a vulnerable part of Army operations in a hostile environment," said Capt. Melvin Chisolm, commander of the 56th Signal Forward Detachment. "In the age of deployments in support of the war on terrorism, units must train on convoy operations and recognize the importance of convoy mission and operations."

The detachment's every day mission is to set up communications for U.S. Army South first response teams, so, for the Soldiers, a trip to South America is a lot more likely than a convoy operation in Iraq. "But, when they do PCS and deploy, they will have invaluable experience at their disposal," Gaines said. "A lot of our Soldiers are on their first-duty station, and we don't want them to be at a disadvantage later on because they may not deploy from here."

## Portable electronic devices can compromise national security

Portable electronic devices are prohibited from areas where classified information is discussed or electronically processed. Prohibited devices include cell phones, pagers, personal digital assistants, laptops and two-way radios.

PEDs contain wireless communications or connectivity, audio, video, recording or transmission capabilities. Current technologies such as infrared, radio frequency, voice, video and microwave allow the inclusion of several of these transmission capabilities within a single device and dramatically increase the risks associated with information systems and network access, according to Army Regulation 25-2, paragraphs 4 to 28.

A cellular telephone can be turned into a microphone and transmitter for the purpose of listening to conversations in the vicinity of the phone. When this is done, conversations in the immediate area of the telephone can be monitored over the voice channel. Users are not aware the telephone is in the diagnostic mode and transmitting all

nearby sounds until they try to place a call. Then, before the cellular telephone can be used to place calls, the unit has to be cycled off and back on again. This threat is the reason why cellular telephones are often prohibited in areas where classified or sensitive discussions are held.

Cellular telephones with photographic technology pose an even greater threat for the potential loss of national security information.

The best defense against vulnerabilities of cell phones is to not use one; however, people can also reduce the risk by following a few guidelines:

- Because a cellular phone can be turned into a microphone without the user's knowledge, do not carry a cellular phone into a classified area or other area where sensitive discussions are held.
- Turn the phone on only when needed to place a call, and turn it off after placing the call.
- Do not discuss sensitive information on a cellular phone. Advise the receiver of the call that the cell phone

is vulnerable to monitoring.

- Do not leave a cellular telephone unattended. If it is vehicle-mounted, turn it off before permitting valet parking attendants to park the car, even if the telephone automatically locks when the car's ignition is turned off.
- Avoid using a cellular telephone within several miles of the airport, stadium, mall or other heavy traffic locations. These are areas where radio hobbyists use scanners for random monitoring.
- If the cellular service company offers personal identification numbers, consider using one.

For more information, go to <http://rf-web.tamu.edu/security/secguide/V2comint/Cellular.htm>, call Chris Cisneros, Security and Counterintelligence Office, Directorate of Plans, Training, Mobilization and Security, at 221-9500, or e-mail [chris.cisneros@samhouston.army.mil](mailto:chris.cisneros@samhouston.army.mil).

(Source: Directorate of Plans, Training, Mobilization and Security)



# Rapid equipping force speeds new technology to front lines

By Donna Miles  
American Forces Press Service

**WASHINGTON, D.C.** – The Army’s Rapid Equipping Force is revolutionizing the way the service gets new technology into the hands of warfighters, its director told Pentagon reporters.

That high-tech equipment ranges from miniature robots that can seek out roadside bombs to handheld airplanes that can peek over hills and around corners and report back their findings.

The Rapid Equipping Force concept is the traditional military acquisition system on steroids. It identifies an immediate warfighting need, seeks out the best way to meet it and quickly gets the technical solution into the hands of the people who need it, said Col. Gregory Tubbs. In their most impressive responses, staff members have been able to fill several specific requests within just 48 hours.

Rather than going to the drawing board

to come up with a solution to a problem, the Rapid Equipping Force jump-starts the process by evaluating what’s already available commercially or in the production pipeline, Tubbs said.

The effort puts the office in close association with all the military services, military and commercial laboratories, and private companies. “I look for any partner who can help me do it faster and better,” he said.

By using off-the-shelf technology, even if it needs modifications to military requirements, Tubbs and his staff are able to short-circuit the traditional acquisition process that can take years rather than weeks or months or even years to get equipment to the troops.

Some items, like a hand-held device that translates English to Arabic, are issued through “spiral development,” in which they’re sent to the field for immediate use while the next, improved version is being developed. The translator is designed to help troops communicate with

Iraqis when they don’t have an interpreter with them.

“I want to be able to fill immediate warfighter needs,” Tubbs said. “I don’t want to have to wait two to three years.”

Tubbs’ sense of urgency comes across particularly strong when he talks about improvised explosive devices that continue to claim American military lives and limbs. Among the more promising devices his office sent to the Middle East is MARCBOT, or multifunction agile remote-controlled robot, a small, wheeled robot with a video camera able to check for IEDs while keeping troops at a safe distance.

Thirty of the MARCBOTS are already in Iraq and Afghanistan, and the Rapid Equipping Force plans to ship more than 100 more to the theater soon, Tubbs said. “Soldiers like them and they save lives,” he said.

Another device being developed, the camera-equipped TACMAV, or tactical mini air vehicle, enables lower-echelon units to “see”

short distances ahead and at far less cost than an unmanned aerial vehicle. Tubbs’ staff purchased it commercially, modified its software and is working to reduce the training required to operate it to two weeks.

JLENS, or “joint land attack cruise missile defense elevated netted sensor system,” provides a persistent surveillance capability. NS Microwave is a microwave surveillance system adapted from an off-the-shelf product that’s proving popular with federal, state and local law enforcement authorities. An overhead cover protection product under development shows promise in helping protect deployed troops from mortar blasts and other threats.

Tubbs said feedback is key to improving on devices sent to the field through the Rapid Equipping Force. He and his staff actively seek input, traveling to Iraq and Afghanistan to talk with troops using the equipment, chatting with service members when they redeploy, even visiting military hospitals to meet with wounded troops.

## Medical course

Continued from Page 1

During hour-long seminars, the course touched on every aspect of a joint medical command pre-deployment and deployment, to include downrange crisis action planning, the joint blood program, service-specific medical capabilities, public health, combat stress, trauma systems, media relations and civil affairs. The presentations were wrapped up each day with a tabletop exercise where the officers put their newfound knowledge to the test. While all of the information was pertinent, the most vital lessons taught, Moloff

said, were those on joint service operations.

“Each service trains their people in a different way, yet we fight together,” he said. “In a stateside clinic, Air Force treats Air Force and Army treats Army. But, when you reach a field hospital, it becomes a joint environment. You treat people regardless of their uniform or their nationality. You have to be aware of what each service has to offer to work together effectively.”

To help familiarize the officers with joint operations, military speakers described their service’s capabilities at the course, which

offered invaluable knowledge, students said.

“I’ll definitely walk away with a better understanding of joint capabilities,” said Navy Commander Jeannie Comlish, chief nurse of the hospital ship USNS Mercy out of San Diego, Calif. “The instructors bring a lot of expertise to the table; they are a very impressive group.”

On tsunami relief efforts since almost day one, Comlish gained extensive knowledge of medical practices in humanitarian missions, but said the knowledge gained at the course “will augment my personal experience.”

Lt. Col. Kimberly Smith, from the U.S. Army Medical Materiel Agency, Fort Dietrich, Md., was more on a fact-finding mission as she looked for innovative ideas from other services.

“I was looking for capabilities the Army could ‘borrow,’” she said. Smith takes these ideas to develop products that will better meet medical needs in the field.

“It’s nice to know we’re not alone out there,” she said. “There are other nations with a wealth of knowledge we can put to good use.”



**Photos by Tech. Sgt. Rob Murphy**  
Jamie Colby, a Fox news reporter, interviews Navy Cmdr. David Tarantino with help from Sgt. Michael Hammer, Army Medical Department TV broadcaster, during a media training exercise at the Joint Operations Medical Managers Course.



German (Col.) Dr. Robert Blenk; Air Force Lt. Col. Kelli Thomas (left), course facilitator; and Lt. Col. Stephanie Wilcher conduct a tabletop exercise during the Joint Operations Medical Managers Course in August.

Afghan Capt. Abdul Ateef Ghafoor, a general physician from the Kabul military training center hospital in Afghanistan, said he will use the knowledge he gained for the benefit of others back home.

“I will bring back many new ideas,” he said. “I found out about how a joint environment works. I had no idea about joint services. I also learned how to make a plan for the battlefield. This is a great exchange of ideas.”

The course, which started in the late 1980s, has evolved in its topics and speakers in recent years to keep pace with an increasingly

sophisticated global audience and ever-changing world events, Moloff said. The ultimate goal is to improve training to save lives.

“The survival rate in war is the best in history,” Moloff said. “More than 90 percent of the wounded from this war will live. But with that rate comes a rising expectation of medical care.”

“The true mark of success for this course and others offered by DMRTI,” he added, “will be when we see how many service members we keep alive and how many families don’t have to bury their sons and daughters.”

## Sexual assault

Continued from Page 1

Under the new program, there are two options for a victim to choose from, restricted and unrestricted reporting. The restricted option encourages victims to come forward without the fear of a formal investigation and their comrades knowing about the incident. This option allows the Soldier to come forward, get examined and begin dealing with the emotional trauma that stems from sexual assault through confidential therapy or counseling.

A victim advocate is assigned to the case to assess the safety of the Soldier and be there for the victim; from holding their hand to ensuring program policy is being

implemented properly. They are there as emotional support for the Soldier. The advocate is held to the strictest confidentiality and will be punished under the Uniform Code of Military Justice if that confidence is violated.

“We want the victims to know that it’s safe to come to us for help. Even if they don’t want to file a formal report and go through an investigation, we are here to help them deal with the incident,” said Bethel-Constable.

Should the victim choose to tell someone outside of the Sexual Assault Program manager, a chaplain, victim advocate or medical personnel directly involved in their treatment, the case becomes un-

restricted and a formal investigation begins.

Under both options, it is important for the victim to get a forensic medical exam within 72 hours of the incident to ensure record of physical evidence. A victim who originally reported an incident under the restricted option, also has the right to pursue a formal investigation under the unrestricted option within a year of the initial report.

Should a victim choose the unrestricted option, the command will be notified so it can ensure that the victim and the perpetrator aren’t forced to work together and the criminal investigation will start followed by court proceedings. Those who choose the unrestricted option will also be

assigned a victim advocate and given as much support as they need.

Bethel-Constable said that victims tend to think that the assault is their fault. It is important for victims to know that no matter what the circumstances, no still means no. It doesn’t matter if the victim is a man or a woman, and even if it is a same-sex perpetrator, the crime is the same, and no still means no.

For more information, call Bethel-Constable at 221-0918 for 221-0349 or visit [www.sexualassault.army.mil](http://www.sexualassault.army.mil). To report a sexual assault, call the Sexual Assault Helpline at 722-4920. This line is only answered by the Fort Sam Houston sexual assault program manager.



# ACS . . . 'Fort Sam's front porch'

Story and photos by Andricka Hammonds  
Fort Sam Houston Public Information Office

This year, Army Community Service celebrates 40 years of serving Soldiers and their families in all areas of their Army career.

“Army Community Service is a vital part of every military installation,” said Marjorie Loya, Family Advocacy Program manager.

ACS offers a variety of life skills and family programs that helps Soldiers take care of issues at home so the Soldiers can fulfill their Army mission and ensure readiness.

“ACS is a place that provides services to ensure a family’s overall well-being; it touches on the core of family life,” said Loya.

ACS consists of 10 programs that directly benefit Soldiers and their families. Some programs are educational such as teaching parenting skills, anger and stress management and financial management. Other programs touch on topics such as deployment, relocation readiness, self-development and job skills.

ACS has been serving Soldiers and family members since the end of the Vietnam War. It was during that war that Army leaders recognized a direct link between the Soldiers’ performance and the welfare of their families back home, according to the Army Community and Family Support Center. In response, Army



Alyssa Schuyler, 3, enjoys her favorite playground activity with mom, Debbie Schuyler, during their routine playtime with the Army Community Service Family Advocacy Help Us Grow Securely playgroup.

leaders began developing ways to address the well-being of Army family members.

“ACS helps Soldiers and family members navigate through the military culture,” said Kim Miller, Fort Sam Houston community programs manager. “ACS serves as a support and information center to those who have questions or need guidance to resources available on post. It promotes self-reliance, resiliency and stability during war and peace time. ACS is there to facilitate their acclamation to Army life.”

ACS provides a service commonly referred to as the “lending closet.” This service allows newcomers to borrow essential household goods until their belongings are delivered to their new duty station.

“ACS is the support system for the military. It’s one-stop services. Where else on post can you go to borrow household goods?” said Army spouse Ingrid Bethel-Constable.

ACS serves a variety of people, junior and senior enlisted, officers, reservists, National Guard, Marines and more. The color of the uniform makes no difference in the eyes of ACS staff. They are here to help America’s military and their families.

“As a commander’s wife in Germany, unit spouses looked to me for answers, even when I was new to post. ACS provided me with the information and

resources I needed to answer the questions and concerns of the spouses,” said Sue York, Fort Sam Houston Army Family Team Building and Army Family Action Plan program manager.

Newcomers to the Army way of life often have difficulty adjusting to the duties and expectations of themselves and their Soldier. They may feel alone if their Soldier is deployed or in training upon arriving to their new duty station, Miller said.

“It is rewarding when I am able to help a young spouse see how wonderful military life can be, and what it means to be a part of our culture,” Miller said.

Miller recalls a young spouse crying as she walked through the ACS doors. She



Two-year-old Noelle Brannan spends time with mom Pamela while spinning on the tire swing. The two belong to the Army Community Service Family Advocacy Help Us Grow Securely playgroup.

and her husband were new to the area, but he was in training. Miller found that the young wife had been sitting in a hotel room alone and had not seen or heard from her husband. Miller encouraged her to become a volunteer as a way to get involved. The young spouse began volunteering for the Information and Referral Program. Within a couple of weeks she loved the Army.

“She just needed to learn what Army life is about, and feel that she was a part of it,” Miller said.

“We are Fort Sam’s front porch, welcoming newcomers to their new homes. We

work here because of who our clients are, our Soldiers and their families,” said York.

The staff, volunteers and civilians at ACS truly want to help Soldiers and families get acclimated to their new duty station. They want them to feel welcome and at home.

“People may not know who to turn to for help, but ACS is here for them; they are not alone,” Miller said.

For more information about Fort Sam Houston ACS, call 221-2705 or 221-2418 or visit [www.fortsamhoustonmwr.com/acs/](http://www.fortsamhoustonmwr.com/acs/). To learn more about ACS Army-wide, visit [www.myarmylifetoo.com](http://www.myarmylifetoo.com).



Dana Roark, plays with her three-year-old daughter, Rayven, on the jungle gym Tuesday morning during the Help Us Grow Securely playgroup.



# Fund helps children, spouses of troops

By Steven Donald Smith  
American Forces Press Service

WASHINGTON, D.C. – Rebecca Campbell started the Children of Fallen Soldiers Relief Fund in 2003 to raise college tuition for the children of service members killed in the war on terrorism.

The fund has since expanded to encompass other financial needs. It now aims to provide a wide range of assistance to the children and spouses of troops who have been killed or injured.

“These funds may be awarded to applicants of U.S. military families who are in need of assistance with housing, utilities, medical expenses, groceries, clothing, school supplies and other expenses deemed necessary in order to provide them with some support and alleviate their need,” Campbell said.

Campbell said there is a real need for this type of allocation because of the financial void often experienced by a death in a military family. “Often, when a loss occurs in these families, what was a two person income becomes one. The financial hardships placed on these families are very difficult to deal with,” she said.

CFSRF raises money through direct donations and fundraisers. The organization began collecting donations in May 2004, Campbell said.

“Through the generosity of the public we have raised a little over \$85,000 and have kept administrative costs in 2004 to less than 9 percent,” Campbell said. “All proceeds go directly to qualified families.”

The nonprofit organization has also received the help of country singer Brad Cotter, the 2004 winner of USA Network’s show “Nashville Star.” The fund has been chosen as the beneficiary of a portion of the proceeds from Cotter’s new single, “An American Dream,” Campbell said.

CFSRF is made up exclusively of volunteers, and in an effort to keep expenses to a minimum Campbell does most work, such as Web site design, IRS filings, printing, advertising and

mailings from her home, she said.

Campbell noted that none of the organization’s board members has been affected personally by the loss of a service member. Campbell said her son, David, 25, served in Iraq for a year with the 82nd Airborne. “I cannot begin to explain the fearful and sleepless nights during his year of deployment,” she said.

“The Children of Fallen Soldiers Relief Fund is simply a group of individuals who have a tremendous amount of respect for our servicemen and women,” she said. “We are an enthusiastic group of family, friends and business people who choose to never forget the sacrifices made by others on our behalf.”

CFSRF began taking applications from military families in January and granted its first round of awards, totaling \$17,000, to families in California, Pennsylvania and Indiana in June.

Campbell concedes that there is no way to erase the pain of losing a loved one, but she still aims to lessen the blow.

“There is no substitute for a parent, but we strive to ease their pain and suffering and honor the memories of our fallen Soldiers,” she said. “I realize only too fully that each and every day that I have to live as a free person is only because of them and their sacrifices as well as their families.”

For more information, go to <http://www.americasupportsyoudmil/>.

## NBA player treats Soldiers



Photo by Norma Guerra

Malik Rose, former San Antonio Spur now playing for the New York Knicks, signs autograph for Staff Sgt. Daniel Regan, an amputee Soldier undergoing physical therapy at Brooke Army Medical Center, at his restaurant opening July 30. Rose invited wounded Soldiers from BAMC to his restaurant, Malik’s Philly’s Phamous, as special guests and held a silent auction during the opening to raise money for the Fisher House. He raised more than \$5,000 for the Fisher House located across from BAMC.

## CAREER CLIPS

### Executive Director, San Antonio —

Supervises and directs the work activity of the employees while creating and maintaining a high level of resident and employee satisfaction; and oversees the overall management and the day-to-day operations of a congregate care retirement community.

### Financial Adviser, San Antonio —

Opens new accounts and manages existing accounts; responds to customer requests for market quotes and money market rates; and handles all other customer inquiries via phone, letters and e-mail. Series 7, Series 6, Series 24, Series 63, life, accident and health insurance license preferred.

### Procurement Planner, New Braunfels —

Compiles and prepares spreadsheets and supporting documents; assesses safe working practices and compliance with standards; and experience in negotiating with vendors, MRP and master scheduling.

*The Army Career and Alumni Program office provides numerous services to eligible people in transition including job assistance. Information on these and other positions is available to ACAP customers in the ACAP Office, Building 2264, or by calling 221-1213.*

### Calling All Unit Commanders

- Do you have new FRG and key personnel in your unit?
- Have your FRG leaders and unit liaisons taken Family Readiness Group Training?
- When was your last unit Ongoing Readiness Briefing?
- OpReady has the information your Soldiers’ families need for success in the military.
- To schedule your briefings at the unit, Army Community Service, or to reserve space in FRG leader training, call Jutta Aviles at 221-0946.



Photo by Phil Reidinger

Maj. Gen. Kenneth Farmer, North Atlantic Regional Medical Command commanding general, and Col. (Dr.) Harry Stinger, currently assigned to the faculty of the Uniformed Services University of the Health Sciences, present a painting to the Army Medical Department museum Aug. 4, commemorating the 250th Forward Surgical Team night parachute insertion near Kirkuk March 26, 2003. The team parachuted as an element of the 503rd Parachute Infantry Battalion, 173rd Airborne Brigade. An Iraqi artist and citizen of Kirkuk, Iraq, completed the painting.

## Museum displays 250th Forward Surgical Team commemoration painting

By Phil Reidinger  
Fort Sam Houston Public Affairs

The Army Medical Department museum received its newest addition, a painting by an Iraqi artist and citizen of Kirkuk, Iraq. The painting was presented Aug. 4 by Maj. Gen. Kenneth Farmer, North Atlantic Regional Medical Command commanding general, and Col. (Dr.) Harry Stinger, currently assigned to the faculty of the Uniformed Services University of the Health Sciences, commemorating the 250th Forward Surgical Team night parachute insertion near Kirkuk March 26, 2003.

The team parachuted as an element of the 503rd Parachute Infantry Battalion, 173rd Airborne Brigade. The 173rd Airborne Brigade conducted a night insertion on a remote Iraqi airfield March 26, 2003 to defeat Iraqi divisions positioned in northern Iraq and relieve the pressure on American and British forces advancing on Baghdad from the south.

The 250th Forward Surgical Team parachuted with elements of the 503rd Parachute Infantry Battalion and became the first conventional FST to insert via parachute into a combat theater of operations. According to team leader, Col. Harry Stinger, the Air Force delivered the medical team and two Humvees packed with surgical equipment onto Bashur Airfield along with combat-loaded paratroopers and vehicles. The equipment and members of the FST landed without injury or damage and were fully mission capable. The remainder of the FST arrived by tactical air landing on the airstrip the following night.

“We packed 24 units of packed red blood cells on the front seat of one of the Humvees and



Courtesy photo

Lt. Col. Harry Stinger, trauma surgeon and Forward Surgical Team commander; Maj. John Devine, orthopedic surgeon; Capt. Glen Carlsson, trauma nurse; Staff Sgt. Luke Fullerton, 91W trauma medic; Sgt. 1st Class Robert Novak, 91W practical nurse and NCO in charge; Staff Sgt. Abel Tavares, 91D operating room technician; Sgt. Robert Burns, 91W trauma medic; Pfc. William Goldsworth, 91D operating room technician; and Maj. Bradley West, nurse anesthesiologist, are the nine members of the 250th Forward Surgical Team assembled prior to boarding C-17 assault aircraft at Aviano Air Base, Italy, en route to northeastern Iraq. The unit executed a parachute assault on a remote abandoned Iraqi airfield with the 173rd Airborne Brigade to open a northern front during Operation Iraqi Freedom.

we were prepared to take care of immediate casualties,” Stinger said. “We had the capability to set up one operating room and conduct 10 emergency operations in the first 24 hours.”

An FST is a 20-member unit with two elements. The first nine-member element jumped with the tactical unit. The second 11-member element air landed the next night with the remainder of the supplies and equipment.

“The FST gave Soldiers immediate access to surgical capabilities when the fighting started,” Stinger noted.

Stinger recalled that the 274 FST was the first unit of its kind for parachute delivery and was established at Fort Bragg in 1991. He emphasized that this first tactical airborne insertion of a conventional FST is very significant in terms of doctrine and demonstrates that the Army Medical Department can be there with the rest of the Army to prevent died-of-wounds injuries with improved technology and surgical capabilities.



## Ice cream social invite



Courtesy photo

Fort Sam Houston Family Housing, managed by Lincoln Military Housing, hosted an ice cream social Aug. 10 at the Marvin R. Wood playground. LMH will sponsor another free ice cream social for children living on Fort Sam Houston Sept. 16 from 6 to 8 p.m. The event will include an ice cream truck with a clown that will circulate through the villages. For photos of the last ice cream social, residents can log onto LMH's interactive Web site at [www.samhoustonlpc.com](http://www.samhoustonlpc.com). For more information, call LMH at 270-7638.

## Use your head . . .

Children on post are required to wear safety helmets when riding a bike, skateboard or scooter.



## JOIN THE FUN; BE A MAYOR

Lincoln Military Housing is asking for residents in each community to volunteer for the Mayor Program. The mayors help plan fun events for their community.

More mayors are currently needed in the following villages:  
Patch Chaffee - Marvin R Wood - Watkins Terrace - Artillery Post and Wheaton Graham

A few of the mayoral duties are as follows:

- Help with community activities;
- Attend the monthly Mayor/Senior Resident meetings (lunch provided);
- Participate in the welcome committee for new move-ins; and
- Be a contact person for village residents to voice their concerns or suggestions.

## Help Plan Fun Events

For more information, call Emily Garcia, Lincoln Military Housing, at 270-7638.





# Joint warrior skills course wraps up at Fort Sam

Story and photos by  
Master Sgt. D. Keith Johnson  
U.S. Joint Forces Military Skills Training Center

The 2005 U.S. Joint Forces Leader Development and Advanced Military Skills Training course at Fort Sam Houston came to a close recently as the top performers were rewarded and selections to the U.S. Joint Forces Military Competitions Team were announced.

Participants were trained at highly advanced levels in map reading, land navigation, rifle and pistol marksmanship, and land and water confidence courses so they can return to their units as resident expert instructors. They also received training in leadership development, the Law of War and combat first aid.

“Our purpose here was to assemble a world-class staff to provide advanced level training in critical warrior skills over a three-week period,” said U.S. Army Reserve Lt. Col. Robert Thompson, from Daytona Beach, Fla. “The course is demanding with the ultimate objective of unit readiness.”

By the end of the course, expert instructors, both active and reserve, assembled from all services devoted more than 40 hours to land navigation, and over 20 hours each on rifle and pistol marksmanship.

Cadet Christopher Thornton, from Texas A&M’s Army ROTC program, said he was impressed with the marksmanship instruction.

“It’s been great,” said Thornton, from Conroe, Texas. “Four hours of marksmanship every day with one-on-one coaching, and they know exactly what I’m doing wrong and how to help it.”

This year’s training course had five female officers in attendance. First time participant U.S. Air Force 2nd Lt. Christina Luis, an Air Force aviator from Sudbury, Mass., had high regards for the training.

“I had no idea what to expect. It’s been great,” she said. “I’ve learned more in this training than I have in all my Air Force training.”

Although it was a physical challenge for first-time attendees, participants said the training received was well worth the effort.

“This is the best training I’ve ever received in my career,” said U.S. Army Reserve Col. Jeffrey Stuart, a special forces officer from Ogden, Utah.

For 2005, the Air Force took top honors as U.S. Air Force Capt. Cilla Peterek, from Austin, Texas, was awarded the trophy for U.S. women’s champion, and U.S. Air Force Reserve Maj. Joel Winton took the spot as top men’s champion. U.S. Army Reserve Lt. Col. Clai Gardner, from San Antonio, took all three top shooter awards for pistol, rifle and combined.

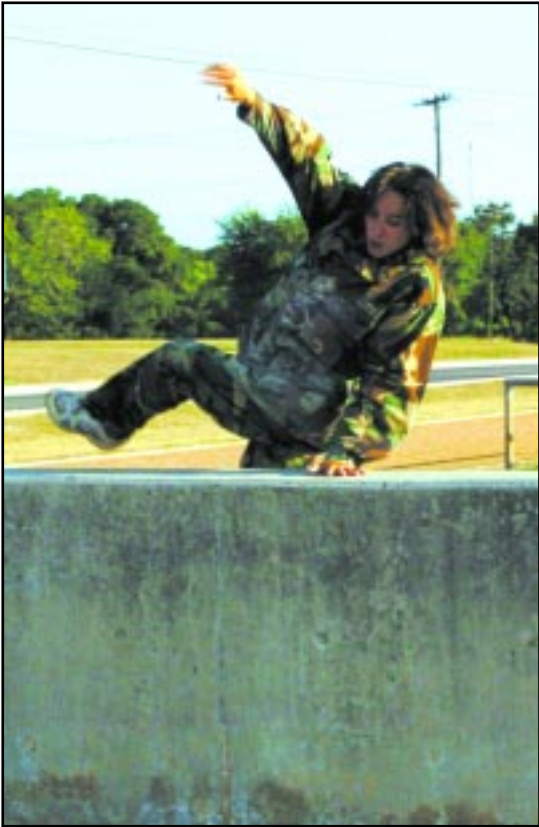
Winton also served as the logistics and operations officer for the course, as well as a land and water obstacle course instructor.

“As a competitor, this program pushes you to new personal limits both physically and mentally,” said Winton, from Cincinnati, Ohio. “As a cadre member, it is extremely rewarding to see all the training come together in the form of highly skilled and competent military officers.”

Fifteen of the 19 participants were chosen to represent the U.S. on the Military Competitions Team at the NATO Military Skills Competition in Belgium in August. They will compete against 200 reserve soldiers from 20 NATO and allied countries in the demanding four-day Joint Warrior competition.



U.S. Army Reserve Lt. Col. Clai Gardner dives back in the water after climbing over an obstacle halfway through the water obstacle course during the U.S. Joint Forces Leader Development and Advanced Military Skills Training course. Gardner, from San Antonio, earned a spot on the U.S. Military Competitions team and also was the top shooter during the advanced marksmanship portion of the course.



U.S. Air Force 2nd Lt. Christina Luis leaps over a wall near the end of the land obstacle course during the U.S. Joint Forces Leader Development and Advanced Military Skills Training course.



(Above) U.S. Air Force Reserve 1st Lt. Brian Gornick (left) and Navy ROTC midshipman Jake Rankinen drop from the ladder at the beginning of the land obstacle during the U.S. Joint Forces Leader Development and Advanced Military Skills Training course.



(Left) U.S. Marine Corps Reserve Gunnery Sgt. Mark Steadman (right) gives range instruction to Florida Army National Guard Brig. Gen. Mike Fleming, assistant adjutant general for the state of Florida, during pistol marksmanship training at the U.S. Joint Forces Leader Development and Advanced Military Skills Training course.



# Negative effects of smoking not deterring service members

By Samantha L. Quigley  
American Forces Press Service

WASHINGTON, D.C. – The lung cancer death of broadcasting legend Peter Jennings, an admitted long-time smoker, has again brought smoking and its dangers to the forefront of public consciousness.

While an estimated 25 percent of Americans smoke, the military’s numbers hover at 34 percent, according to Col. Gerald Wayne Talcott with the Air Force Medical Support Agency, in Falls Church, Va. That’s an increase of 4 percent for the military since 2002.

“We do have a higher prevalence of smoking for our youngest people in the military,” Talcott said. “Now, if you look at officers, that’s not the case. But for our youngest members, that’s our E-1s through E-4s, ... the overall prevalence is a little bit higher than the national average.”

“It’s a good suspicion” that the war is a factor in the increase of military smokers, he added.

Service members who smoke often claim it’s a stress reliever. Talcott said that might be true, but only for people who already are addicted. Before addiction occurs, smoking actually increases stress

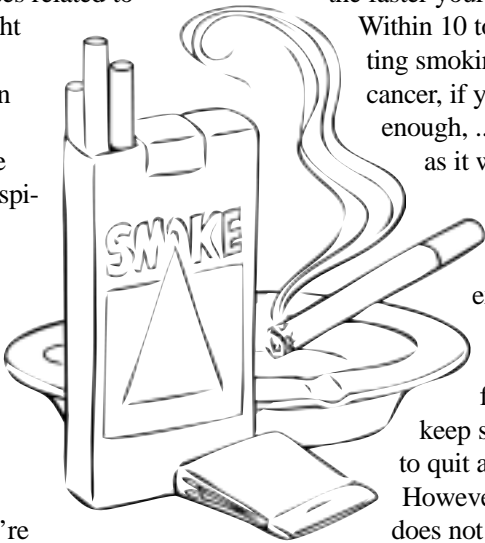
on the body, he explained.

Smokers may see their habit as a personal risk, but it affects force readiness, Talcott said. Even among smokers who have no ongoing diseases related to smoking, it impairs night vision, weakens the immune system and can lengthen healing time. Smokers also may have more frequent upper-respiratory ailments.

Tobacco use also affects families, the colonel said.

“We have a lot of young people that are just starting families,” Talcott said. “It has an impact on those young children as well. If you’re smoking around them, their risk for upper respiratory infections goes up as well.”

Smoking is a deceptive risk for younger people, since they don’t necessarily feel the immediate ramifications. But, if a smoker quits, as more than 50 percent of Defense Department personnel who smoke have expressed a desire to do, there are benefits to be reaped.



“Your body has a very recuperative ability,” Talcott said. “We have a very young population, so the sooner you quit and the less amount of time you smoke, the faster your body repairs itself. Within 10 to 15 years (of quitting smoking) your risk for cancer, if you quit early enough, ... is almost the same as it would be for a non-smoker.”

Service members have multiple excuses for not quitting. The fear of failure or a failed first attempt often keep smokers from trying to quit again, Talcott said. However, he said, a failure does not mean that a second, or even a third, attempt is going to fail.

“You aren’t always successful the first time,” he said. “What we know is that it seems like the more people try to quit, the more likely they are to quit successfully.”

Some smokers, especially women, are afraid to kick the smoking habit out of fear that they will gain weight. That’s not a good enough excuse, Talcott said. A per-

son would have to gain 100 pounds to equal the negative health effects of continued smoking, he said.

Nor is the weight-gain theory necessarily true. Among recruits in basic training — where smoking is disallowed, meals are controlled and exercise is a must — there is virtually no weight gain, Talcott said.

Help is available for those who wish to quit but think they need help. DoD offers smoking cessation classes in nearly all medical treatment facilities, and nicotine-replacement therapies are available.

DoD also is working with primary care physicians to help them spot tobacco use early and provide messages about quitting. The TRICARE Web site, [www.tricare.osd.mil](http://www.tricare.osd.mil), also offers information on why kicking the habit is a good idea and how to quit.

The military also is working to make smoking less attractive by hitting service members who smoke in the wallet. The Army and Air Force Exchange Service is restricted to discounting tobacco products no more than 5 percent below what they would cost outside a military installation. This is a change from deeper discounts that were once offered, officials said.

## Hot temperatures can lead to summer heat injuries

During the summer season, people can suffer heat strokes and heat exhaustion, which can sometimes be fatal.

By adhering to a few safety measures, people can avoid a summer-heat-related tragedy.

- The U.S. Army Surgeon General recommends a water intake of 1 quart per hour during periods of heavy exercise, and 3 to 6 quarts of fluid per day. Dehydration is a major factor in causing heat injuries.
- Running times should be restricted to early mornings or late evenings in the coolest hours of the day. Avoid running at lunchtime and in the afternoon hours when the

temperatures are at or above 90 degrees. High humidity and bright radiant sunshine are also factors increasing risk of a heat injury.

- During periods of physical fitness training and heavy exercise, take frequent rest breaks in shady, cool areas. Increase training gradually. Do not attempt to complete a marathon on your first run of the year. Set reasonable goals. Stop running when you feel any sign of dizziness, nausea, delirium or disorientation.
- If you are overweight or more than 40 years of age, you are at increased risk of a heat injury. Persons with family history of heart disease should consult their doctor

before attempting strenuous physical activities. Consider fast walking or hiking on trails in wooded areas as an alternative to high impact running. Swimming in a life-guard-monitored pool is also an excellent non-impact exercise.

- Wear lightweight protective clothing, hats and sunscreen to protect from skin cancer.
  - Never leave infants, children or pets in a parked car.
- For more information, go to <https://chppmwww.apgea.army.mil/heat/HeatInjuryPrevention2005.PDF>.  
(Source: U.S. Army Combat Readiness Center Web site)



# DoD launches Deployment Health, Family Readiness Library

LOUISVILLE, Ky. – Service members, their families and their health care providers have a new online Defense Department resource for deployment health issues.

The DoD Deployment Health Risk Communication Working Group and the Joint Task Force for Family Readiness Education on Deployments have joined together to create the Deployment Health and Family Readiness Library.

Ellen P. Embrey, deputy assistant secretary of defense for force health protection and readiness, announced the new online library Aug. 9. It is intended to provide service members, families and health care providers a quick and easy way to find the deployment health and family readiness information they value, she said.

“Information is a powerful tool. We must remain proactive in providing deployment-related health information to better safeguard our service members,” she said. “Most people fear the unknown. Through accurate, timely information, we are able to ensure that our service members are better equipped to prepare for, cope with and recover from the myriad health risks faced during deployments.”

The online library includes fact sheets, guides and other products on a wide variety of topics. The topic listing was based on feedback from service members, their families and health care providers, Embrey said.

New information will be added to the site as new topics and areas of concern emerge, she added.

In focus-group meetings, Embrey explained, service members and their families have said their need for information varies before, during and after deployments. Leaders, in particular, look for accurate information before the deployment. While the service members are deployed, their families are especially interested in getting deployment health-related information, she noted, and following deployments, both service members and families look for this information.

Embrey said many information sources are available online, but noted that too often it’s difficult to tell if the information source is accurate.

“We are absolutely committed to providing the best information found in sound science and based on medical evidence,” Embrey said. “We want this site to be the authoritative source for deployment health and family readiness information. This is another step we are taking to ensure that those who protect our country and our freedoms are also protected.”

For more information, go to the Deployment Health and Family Readiness Library Web site at <http://deploymenthealthlibrary.fhp.osd.mil/home.jsp>.

(Source: DoD Deployment Health Support Directorate news release.)

## BAMC Health Promotions August Class Schedule

Class	Dates	Time	Place
Diabetes Management	Monday and Tuesday and 29 and 30	12:45 to 4:30 p.m.	BAMC, Nursing Administration conference room (third floor)
Yoga	Wednesday and 31	12 to 1 p.m.	BAMC, Occupational Therapy Clinic
Breast and GYN Cancer Support Group	today	1 to 2:30 p.m.	BAMC, Health Promotions (L31-9V)
Body Fat Testing	Friday	8 to 11 a.m.	BAMC, Health Promotions (L31-9V)
Learn to Manage Your Child’s Asthma Pediatric	26	2 to 3:30 p.m.	BAMC, Health Promotions (L31-9V)
Weight Management Winning Combinations	today and 25	8 to 9:30 a.m.	BAMC, Health Promotions (L31-9V)
Breast-feeding Support Group	Friday and 26	1 to 2:30 p.m.	BAMC, OB/GYN conference room (fifth floor)
For more information or to register for a class, call Brooke Army Medical Center Health Promotions at 916-3352. To register for Diabetes Management, call 916-5000.			

## Blood is the fluid of life

The Brooke Army Medical Center Blood Bank is running critically low on O Negative blood.

Akeroyd Blood Donor Center is reaching out to you for your support to accomplish a mission for life.

Contact the donor center to lend a helping hand.

To donate blood now, call the Akeroyd Blood Donor Center at 295-4655 or 295-4989.



### Emergency numbers



**Dial 911** when calling from a Fort Sam Houston or Camp Bullis telephone number prefix.

**Dial 554-4713** when calling from a cell phone or from anywhere on Fort Sam Houston other than the post telephone number prefixes.

On Camp Bullis, **dial 295-7517** from a cell phone or non-Camp Bullis prefix.

The fire prevention office has phone stickers for these numbers. Stop by Building 4196, Room A37 or call 221-5452.



## Rewarded for excellence



Photo by Phil Reidinger

(From left) Staff Sgts. Amanda Parker and Michele Desouza are the Army Medical Department Center and School NCO and Instructor of the Quarter. Both were awarded the Army Achievement Medal by Maj. James Toner, Academy Battalion executive officer.

## Ethics Training

Ethics training for U.S. Army Medical Department Center and School and Fort Sam Houston Garrison units will take place Aug. 31 and Sept. 14 at 9 a.m. in Blesse Auditorium, Building 2841. The training takes about one hour. The Secretary of the Army requires every Soldier and civil service employee to attend ethics training annually. The staff judge advocate and officials from the AMEDDC&S and post will present the training and maintain sign-in rosters for commanders and supervisors to verify attendance of their employees. People can access the sign-in rosters by opening the Adobe Acrobat Reader and the SJA ethics roster folder on the G drive. For more information, call Gerald Krimbill, Shelby Tanner or Capt. Brian Underdahl at 221-2373 or 221-0485.

## Promotions



Photos by Phil Reidinger

Maj. James Toner, Academy Battalion executive officer, and Col. Elaine Perry pin the sergeant major rank insignia on the uniform of Gloria Riley during a ceremony at Blesse Auditorium.



(Left) Ben Paniagua, Hacienda Recreation Center, and Maj. James Toner, Academy Battalion executive officer, congratulate newly promoted Sgt. 1st Class Edward Castro, who was pinned on by his supervisor, Navy Chief Petty Officer Charles Rael.





Courtesy photo

Sgt. Jonathon Pope (left), an infantryman from the Caisson Section, Military Honors Platoon, Headquarters Company, Special Troops Battalion, is re-enlisted for five years on horseback July 27 by Capt. Martin L. O'Donnell, commander, HQ Company, STB.

## Five Special Troops Battalion Soldiers re-enlist

Five Special Troops Battalion Soldiers re-enlisted in a two-week period, resulting in 23 years of future service to the Army.

The re-enlistees include:

- Sgt. Raheem Johnson, a light-wheel vehicle mechanic from the Headquarters Company, Special Troops Battalion, re-enlisted Aug. 8 for four years and will next serve in Korea.
- Sgt. Vincent Banks, a light-wheel vehicle mechanic from the Military Honors Platoon, HQ Company, STB, re-enlisted Aug. 5 for five years.
- Sgt. Jonathan Pope, an infantryman from the

- Caisson Section, Military Honors Platoon, HQ, STB, re-enlisted for five years and will move to Conn Barracks, Germany.
- Sgt. Juan Santibanez, a light wheel vehicle mechanic from the HQ Company, STB, re-enlisted for four years and is going to Fort Hood, Texas.
  - Spc. Jennifer Masser, a food services specialist from the HQ Company, STB, was re-enlisted by her father, retired Navy Chief Warrant Officer Brian Masser, July 29 for five years, and will next serve at Fort Bliss, Texas.
- (Source: STB)

## TROOP SALUTE



### 232nd Medical Battalion



#### Soldier of the Week

**Name:** Spc. Jack Yang  
**Unit:** D Company  
**MOS:** 91W, health care specialist  
**Hometown:** Tustin, Calif.  
**Time in service:** Six months  
**Future goals:** Finish pre-med at University of California-San Diego and attend medical school  
**Reason for enlisting:** To be part of a team that opposes the threat of terrorism and to advance in the medical field and gain experience  
**Latest accomplishment:** Completing four years of college in less than two years



#### Junior Leader of the Week

**Name:** Pfc. Rachel Medley  
**Unit:** D Company  
**MOS:** 91W, health care specialist  
**Hometown:** Eureka, Calif.  
**Time in service:** Five months  
**Future goals:** Advance in rank and attend medical school  
**Reason for enlisting:** Money for education and medical experience  
**Latest accomplishment:** Overall high grade point average of 97 percent

### 187th Medical Battalion



#### Officer of the Week

**Name:** 2nd Lt. Luke Lindaman  
**MOS:** 67J, aeromedical evacuation  
**Hometown:** Lewisville, Texas  
**Years of service:** Three months  
**Future goals:** To become a successful officer and a subject matter expert in the Army  
**Why did you volunteer for service?** To serve my country and to fly  
**Latest accomplishment:** Assisting with the implementation of the Officer Soldier Awaiting Training program



## Spotlight your unit

The Public Information Office welcomes articles, photos or story idea submissions for the Fort Sam Houston News Leader.

To submit a story or idea or for more information, call 221-0615, e-mail [news.leader@samhouston.army.mil](mailto:news.leader@samhouston.army.mil) or stop by the office in Building 124 (second floor).



# MWR

## Recreation and Fitness

### Free comedy tickets

Free admission tickets are available for 21-year-olds and older for the Latin comedy show featuring Ponchi Herrera Aug. 27. The show starts at 9 p.m. at Sunset Station. Tickets are available at the Bowling Center, Army Community Service, Jimmy Brought Fitness Center and Sam Houston Club. For more information, call 221-2307 or 221-2926.

### 3-D archery at Camp Bullis

The next archery shoot is Aug. 27 to 28. Check in is from 8 to 10 a.m. The competitive shoot includes 30 3-D animal targets placed at distances ranging from 10 to 40 yards in woodland settings. Awards are given to the top three in each class. Saturday’s shoot is \$15, all competitive, and Sunday’s shoot is competitive for \$15 or non-competitive for \$10. Minis and cubs shoot free with a paid adult, and a play-ground is available. It is open to the public. For more information, call 295-7577.

### Archery lessons

The Outdoor Equipment Center offers individual and group archery lessons. Instruction is given at the level of experience. Children are welcome, but must be accompanied by an adult if under the age of 18. Participants should wear full-covered shoes and not wear over-sized shirts or pants. For more information, call the Archery Shop at 221-5225.

### Camp Bullis catfish pond

The catfish pond at Camp Bullis is open Saturdays and Sundays from 4 to 8 p.m. The pond is pay-as-you-go. Catfish are \$1.75 per pound, live weight. Catch and release is not authorized. A fishing license is not required, and there is no daily fee. For more information, call 295-7577.

### Yoga, pilates teacher needed

The Jimmy Brought Fitness Center is looking for an instructor for a beginning yoga and pilates class. Certification is required for this contract position. For more information, call 221-2020.

### Free morning aerobics

Free morning aerobics classes at the Jimmy Brought Fitness Center are Mondays and Wednesdays from 6 to 6:45 a.m. in the aerobics room.

### Water aerobics

The Jimmy Brought Fitness Center pool features water aerobics every Monday, Wednesday and Friday from 8:45 to 10:30 a.m. and from 5 to 6 p.m. The cost is \$2 per class or \$24 for a 16-class pass and free to pregnant women and new mothers. For more information, call 221-2020.

### Senior fitness

The Jimmy Brought Fitness Center aerobics program includes a senior fitness class every Tuesday and Thursday. Participants will learn stretching and some low impact weight-bearing exercises. The cost is \$2 per class or \$24 for a 16-class pass. For more information, call 221-2020.

### Salsa and meringue classes

Join the Latin dance craze by learning these popular dances for fun and exercise. Classes are Monday and Thursday from 6:30 to 7:30 p.m. at the Jimmy Brought Fitness Center aerobics room. The cost is \$2 per class or \$24 for a 16-class pass. For more information, call 221-2020.

### Aquatic Center

The Aquatic Center’s new schedule is Monday through Friday from 11:30 a.m. to 1:30 p.m. for lap swimming only and 4 to 8 p.m. for open swim with no slides.

Saturdays and Sundays, the center will be open from 12 to 8 p.m. with full operation including slides. For more information, call the Aquatic Center at 221-4887.

### AC service

Beat the heat with air conditioning service at the Auto Craft Shop. All AC services are \$30 plus the cost of Freon and a \$2 environmental fee. Visit the Morale, Welfare and Recreation Web site at [www.portsamhouston-mwr.com](http://www.portsamhouston-mwr.com) for a \$5 off coupon. For more information, call 221-3962.

### MWR car wash

Stop by the Fort Sam Houston Morale, Welfare and Recreation Auto Craft Shop in Building 2410, on the corner of Funston and Schofield Roads, to use one of the two car wash bays. The center also features an automobile vacuum. The hours of operation are Wednesday through Friday from 1 to 9 p.m., and Saturday and Sunday from 9 a.m. to 5 p.m. For more information, call 221-3962.

## Dining and Entertainment

### Sam Houston Club, 224-2721

#### Sunday Brunch

The brunch will be Sunday from 10 a.m. to 1:30 p.m. The cost is \$11.95 for members. \$13.95 for non-members, \$6.95 for children ages 7 to 11 and free for children 6 and under. Adults’ meals include complimentary champagne.

#### Bingo

Play bingo every Thursday and Friday; doors open at 5 p.m. and Saturday the doors open at 11 a.m. Youth 10 and older may play when accompanied by an adult. There is a free buffet for all bingo players.

#### Lunch buffet

The Sam Houston Club features an “All

You Can Eat” lunch buffet which includes beverage, deluxe salad bar, soup and dessert Monday through Friday from 11 a.m. to 1 p.m. The cost is \$5.95 for members and \$6.95 for non-members.

### Bowling Center, 221-3683

#### Join a fall bowling league

New leagues are forming now at the Fort Sam Houston Bowling Center. Leagues include men’s, mixed, senior ladies’ majors, youth and officers’ wives. For more information, call the Bowling Center at 221-4740.

#### Unlimited bowling

There will be unlimited bowling every Friday from 5 to 10 p.m. for \$5.95.

#### Family bowling day

Every Sunday, adults and children 12 and up pay \$1.75 per game (children under 12 bowl free). Shoe rental is \$1.

#### Cyber bowl

Cyber bowl is Saturdays from 7 to 9 p.m. The cost is \$10 per person 12 and up and \$5 per person under 12.

### Golf Club, 221-4388

#### Labor Day Scramble

The Labor Day Scramble is Sept. 5 at 8:30 a.m. There will be a shot-gun start. Form your own two-person team. Members pay \$35 and non-members pay \$60. Fee includes carts, green fees, prizes, lunch and award ceremony.

#### Golf lessons

Private customized and personalized instruction are offered at the golf course.

### MWR Ticket Office

The ticket office has discount tickets available for various events. Through August, ticket office hours are Tuesdays through Fridays 10 a.m. to 5 p.m., Saturdays 10 a.m. to 2 p.m. and closed Sundays and Mondays. For more information, call 226-1663 or visit [www.portsam-houstonmwr.com](http://www.portsam-houstonmwr.com).

# SPORTS

## Take me out to the ball game



San Antonio Missions officials and team coaches discuss the starting line up at home plate with Alec Chapman, an honorary bat boy, during a Missions game in July. As a bat boy, Chapman scored a batting glove, an announcement of his name over the loudspeaker and autographs from nearly all the players at the game.



Courtesy photos

Eriberto Menchaca, third baseman for the San Antonio Missions, autographs a ball for 5-year-old Alec Chapman, son of Staff Sgt. Brice and Nicole Chapman, while Jesus Guzman looks on. Chapman, an avid baseball fan with a strong St. Louis Cardinals allegiance, was a bat boy for a Missions game in July. Kraft Foods sponsors the bat boy (girl) program throughout the Missions season to honor military children. To register for the program, send a postcard to the San Antonio Missions Baseball Club at Kraft Singles Honorary Bat Boy, 5757 Highway 90 West, San Antonio, TX, 78277. For more information, call 221-2307.

## SPORTS BRIEFS . . .

### NCAA football teams invite military to games

The Trinity University Tigers invite the military to attend games this 2005 season. The games and parking are free, but parking is limited. See the schedule by visiting the Trinity University football home page at [www.trinity.edu/departments/athletics/Football](http://www.trinity.edu/departments/athletics/Football). If your organization would like to present colors or perform another service during a Trinity home game, call Navy Lt. Brian Haack at 221-0434 or e-mail [brian.haack@samhouston.army.mil](mailto:brian.haack@samhouston.army.mil).

### Football officials needed

The North America Junior Football Federation is looking for football officials for the upcoming season. There will be a meeting at the Fort Sam Houston Youth Center Saturday at 10 a.m. For more information, call Charles Scroggins at 221-3185 or 363-1637.

### Intramural fall flag football

The registration period for intramural flag football has been extended to Aug. 29. Anyone interested in joining the league should call Earl Young at 221-1180 or e-mail [earl.young@samhouston.army.mil](mailto:earl.young@samhouston.army.mil).

### Men's and women's basketball

Coaches and players are needed for the Fort Sam Houston men's and women's basketball teams. Tryouts for players are Sept. 6 to 9. Coaches should send their resumes by Aug. 29 to Earl Young, 1212 Stanley Road, Building 124, Suite 20, Fort Sam Houston, TX, 78234. For more information, call 221-1180 or e-mail [earl.young@samhouston.army.mil](mailto:earl.young@samhouston.army.mil).



# SPORTS

## For a good cause



Photo by Capt. Marc Raciti

B Company, 187th Medical Battalion Soldiers joined runners and walkers from throughout the city Aug. 6 for the first annual Silver Stars 5K Run/Walk, which started at the SBC Center. The 5K benefits six local health organizations. Drill Sgt. Brandee Dietrich took second place in the women's 30 to 39 age group, and Pfc. Noeleene Harris, a medical laboratory specialist student, took first place in the women's 20 to 29 age group. Silver Star player Edna Campbell, the first active female National Basketball Association player to be diagnosed with breast cancer, signed autographs at the event.

## Softball champs



Courtesy photo

The 187th Medical Battalion's D and E Companies played a closely contested battle for the 32nd Medical Brigade softball championship win Aug 11. In the bottom of the sixth inning, tied 6 to 6, D Company drove home the winning run and captured the championship.

## Be safe when running on post

People are prohibited from running on Stanley Road, Dickman Road, Artillery Post Road, Wilson Road, Scott Road, North New Braunfels Road, Harry Wurzbach Road, Schofield Road, Roger Brooke and Binz Engleman. However, runners may run on sidewalks or on the grass on these roads.



A few running safety tips include:

- If walking or running during hours of darkness, carry a flashlight to shine on the sidewalk in front of you.
- Wear light or reflective clothing; stay out of the roadway and be alert to traffic.
- Carry your own identification: name, address, a friend or relative's telephone number. Make sure your friends or relatives know your favorite running routes.
- Run in familiar areas.
- Avoid unpopulated areas, deserted streets and overgrown trails.
- Don't wear headphones.
- Run against traffic and keep the approaching automobiles in view.
- Wear reflective material if you must run during the hours of darkness. Soldiers running in a formation or individually during limited visibility, to include hours of darkness, will wear reflective vests or belts (worn diagonally from right shoulder to left hip) as part of the PT uniform. Commanders are responsible for ensuring that running formations have adequate visibility while conducting PT formations on Fort Sam Houston.

For more information and the safety training calendar, visit [www.cs.amedd.army.mil/iso](http://www.cs.amedd.army.mil/iso) <<http://www.cs.amedd.army.mil/iso>> and look under regulations.

For more information, call Guadalupe Gomez at 221-3866 or e-mail [Guadalupe.Gomez@CEN.AMEDD.ARMY.MIL](mailto:Guadalupe.Gomez@CEN.AMEDD.ARMY.MIL).



# Summer fun ends . . .

Spc. Hupert Balatbat describes the Stryker military evacuation vehicle to Tyler Craig, 8, during the Morale, Welfare and Recreation-sponsored back-to-school bash Saturday at the Bowling Center and adjacent field. More than 400 people from the Fort Sam Houston community attended the event, which offered carnival games, a 10K volksmarch, pony rides, bike rodeo and car smash.



Photos by Alexandra Nordeck



Three-year-old Vincent Meza takes a pony ride at the back-to-school bash Saturday.



A Fort Sam Houston youth escapes the heat outdoors with an air conditioned round of bowling in the Bowling Center during the back-to-school bash.



(Above) Sgt. Shawn Nordeck outlets some steam by taking a turn at the car smash.



(Right) Two-year-old Joy Garono plays a roll-down game, one of many carnival games offered at the outdoor bash.





Photo by Alexandra Nordeck



Photo by Master Sgt. C.S. Allbright

(Above) Jeannie Warren, Youth Services director, raffles off gift certificates, hats and other items Saturday to the more than 100 Cole High School students who attended "Teen Night in the Quad," an event hosted by the Fifth U.S. Army and sponsored by Youth Services. Youth Services cooked about 400 hotdogs and fed the students while the 5th Recruiting Brigade Mobile Recruiting Team brought a rock climbing wall, a basketball throw, football toss and an ID tag-making machine.

(Left) Linda Furlow, a crime prevention specialist from Fort Sam Houston, fingerprints Brabsha and Darrel Andrews as part of a safety presentation.

# . . . as school days begin



Photos by Dr. Gloria Davila

Barbara Saddler, a new fourth grade teacher at Fort Sam Houston Elementary School, experiences her first day of school in the district. Saddler is coming from the Fairfax County Public Schools in Virginia.

(Right) Victoria Wood, Cole Jr./Sr. High School counselor, obtains information from Capt. Nancy Emma and her daughter, Angelica, during registration Monday, the first day of school.



The Cole Jr./Sr. High School cafeteria personnel are all smiles as they greet students on the first day of school. (From left) Kwiye Santarelli, Matty Herrera, Veronica Borrego and Elizabeth Sanchez, cafeteria manager, feed about 450 students daily.



On the first day of school, Velma Uriegas, Cole Jr./Sr. High School English teacher, reviews the rules and regulations for students in her advisory class.



Rita Lockett, third grade teacher at Fort Sam Houston Elementary School, and her students listen to responses to questions on birthday months. Lockett has 36 years of experience in public education. Finding out the month and day of each student's birthday is an important part of the first day of school.



# PWOC starts fall Bible study Wednesday

The Fort Sam Houston Protestant Women of the Chapel will start their fall Bible study Wednesday from 9:30 to 11:30 a.m. at Dodd Field Chapel.

The fall program will focus on PWOC’s 50th anniversary and the theme, “We Are Workers Together for Christ.” All women from the Fort Sam Houston community, including women who are not members of the church, are invited to attend, and free childcare is provided.

“I first tried PWOC 12 years ago at our first duty station because I looked forward to free babysitting,” said Cindy Pyo, a military spouse. “The great Bible studies, friendships, prayer partners and support in deployments have kept me involved at every duty station we’ve had.”

PWOC can be a safe haven during long-term deployments of a spouse.

“I can feel like my best self there and also my worst,” said Wendy Feagler, a military spouse whose husband is currently serving a year tour in Iraq. “When I’m struggling, I know there will be someone at PWOC who will encourage me and steer me in the right direction.”

For others, PWOC is the one place where they feel like they really fit in because all share the unique experience of military life.

“PWOC is one of the first places I’ve found where I really feel like I fit in,” said Jenifer Sones. “The ladies were so friendly and welcoming. We all move frequently and all know what it is like to be the new person.”

The studies for the fall semester include, “30 Days to Understanding the Bible” by Max Anders, “The Five Love Languages of Children” by Gary Chapman, “Falling in Love with Jesus” by Dee Brestin and Kathy Troccoli, “Bible Book Study — John” by Kristi Robinson, “That the World May Know” by Ray Vanderlaan and “Focus on the Family.”

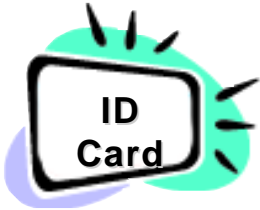
The PWOC two-hour format includes praise and worship, announcements, fellowship and snacks, and concludes with Bible study. Women needing childcare should bring their child’s shot record for registration at the first meeting.

For more information, call Lois Griffith at 226-1295 or visit [www.samhouston.army.mil/chaplain/womensministry](http://www.samhouston.army.mil/chaplain/womensministry).

(Source: Fort Sam Houston PWOC)

## Need an ID Card?

The ID Card Office, located in Building 367, accepts appointments from 12:45 to 3 p.m., Monday through Friday. Walk-in hours are from 7:15 to 10:30 a.m. and 12:45 to 2:30 p.m., daily. To schedule an appointment, call 221-2278 or 221-0415. You can also obtain an ID card by appointment only at the Brooke Army Medical Center ID Card Office, located in the lower floor within the TRICARE Office. To schedule an appointment, call 916-0838.





# RELIGIOUS HAPPENINGS . . .

## Praise band musicians needed

The Fort Sam Houston chapels are starting a new contemporary Protestant worship service. Volunteer Christian musicians are needed, including drummers, lead electric guitarists, keyboard players, bass guitarists and other instrumentalists and vocalists. If interested in attending a jam session for the praise band, call Michelle Taylor at 829-1670 or e-mail [michelle.h.taylor@us.army.mil](mailto:michelle.h.taylor@us.army.mil).

## OCF Bible study

The Officers’ Christian Fellowship will study Colossians. The group will meet Friday and Aug. 26 at 6 p.m. for dinner, followed by Bible study at 7 p.m. at 1008 Gorgas Circle (near the old Brooke Army Medical Center). For more information, call Lt. Col. Bob Griffith at 226-1295 or e-mail [rgriffith3@satx.rr.com](mailto:rgriffith3@satx.rr.com).

## Vatican in San Antonio

The Vatican: The Legacy of the Popes exhibition will come to San Antonio at the Henry B. Gonzalez Convention Center from Oct. 15 to Jan. 8. The exhibit is one of the world’s largest collections of Vatican art, documents and historical objects to tour North America and will include more than 300 authentic pieces from 2000 years of Catholic leadership, Vatican art and objects, including objects belonging to John Paul II, tiaras, sketches, jewelry, vestments and sculptures. For more information, visit [www.VaticanSanAntonio.com](http://www.VaticanSanAntonio.com).

# INTERFAITH CALENDAR . . .

**Friday - Raksha Bandhan** \*\* - Hindu festival honoring the loving ties between brothers and sisters in a family.  
**Aug. 27 - Krishna Jayanti (Janmashtami)** \*\* - Hindu commemoration of the birth of Krishna — the 8th incarnation of god Vishnu — who took the form of Krishna to destroy the evil king Kansa.  
**Aug. 29 - Martyrdom of St. John the Baptist** - Christian remembrance of the death of John who prepared people to recognize Jesus as the Messiah.  
\*\* Local customs may vary on this date.

# POST WORSHIP SCHEDULE

<b>Main Post Chapel</b> , Building 2200, 221-2754 <b>Catholic Services:</b> 4:45 to 5:15 p.m. - Confessions - Saturdays 5:30 p.m. - Mass - Saturdays 9:30 a.m. - Mass - Sundays 11:30 a.m. - Mass - weekdays <b>Protestant Services</b> - Sundays: 8 a.m. - Traditional Protestant 11 a.m. - Traditional Protestant <b>Jewish Services:</b> 379-8666 or 493-6660 Fridays: 8 p.m. - Worship and 8:30 p.m. - Oneg Shabbat	<b>Protestant Services:</b> 10 a.m. - Worship Service - Sundays Noon - Worship - Wednesdays
<b>Dodd Field Chapel</b> , Building 1721, 221-5010 or 221-5432 <b>Catholic Services</b> - Sundays: 12:30 p.m. - Mass <b>Protestant Services:</b> 10:30 a.m. - Collective Gospel Protestant - Sundays 9:30 to 11:30 a.m. - Women’s Bible Study (PWOC) - Wednesdays, child care is provided.	<b>AMEDD Regimental Chapel</b> , Building 1398, 221-4362 <b>Troop Catholic Mass:</b> Sundays: 10 a.m. - 32nd Med. Bde. Soldiers <b>Troop Protestant Gospel Services:</b> Sundays: 11 a.m. - 32nd Med. Bde. Soldiers <b>Troop Protestant Service:</b> Sundays: 9 a.m. - 32nd Med. Bde. Soldiers <b>Samoan Protestant Service:</b> Sundays: 12:30 p.m.
<b>Brooke Army Medical Center Chapel</b> , Building 3600, 916-1105 <b>Catholic Services:</b> 8:30 a.m. - Mass - Sundays 11 a.m. - Mass - Sundays 11 a.m. - Mass - weekdays	<b>FSH Mosque</b> , Building 607A, 221-5005 or 221-5007 10:30 a.m. - Children’s Religious Education - Sundays 1:30 p.m. - Jumma - Fridays 7:30 p.m. - Adult Religious Education - Thursdays  <b>Evans Auditorium</b> , 221-5005 or 221-5007 <b>Mormon Services:</b> 9:30 to 11:30 a.m. - Sundays  <b>Web site:</b> <a href="http://www.samhouston.army.mil/chaplain">www.samhouston.army.mil/chaplain</a>

# Women’s Equality Day celebrates women’s rights

In 1971, at the urging of Representative Bella Abzug, from New York, the United States Congress designated August 26 as Women’s Equality Day.

Its purpose was to commemorate the Aug. 26, 1920, passage of the 19th Amendment, nicknamed the “Susan B. Anthony Amendment,” granting women the right to vote.

On March 8, 1884, Anthony testified before Congress supporting women’s suffrage (right to vote). She urged senators to support an amendment to the U.S. Constitution that, she said, “shall prohibit the disenfranchisement of citizens of the United States on account of sex ...”

A civil rights movement that had its beginning in 1848 at the first Women’s Rights Convention in Seneca Falls, N.Y., had finally come of age.

As we honor the 85th anniversary of passage of the constitutional amendment giving American women the right to vote, it is proper to remember the relentless determination of Elizabeth Stanton and Susan B. Anthony, which spanned more than 50 years as they paved the way to the ratification of the 19th Amendment. These two women formed the National Woman Suffrage Association in 1869, and it remained a strong and persuasive organization right up to the passing of the 19th Amendment.

After the start of World War I, April 6, 1917, 218 protestors from 26 different states were arrested for “obstructing sidewalk traffic” outside the White House gates. Alice Paul, one of several that was arrested, led a hunger strike in jail. She and her followers were finally force-fed by prison doctors. This event created much negativity in the public eye, and President Woodrow Wilson finally gave his support to the Women’s Movement in January of 1918. Wilson’s address to the Senate still rings true today:

“Are we alone to ask and take the utmost that our women can give, service and sacrifice of every kind, and still say we do not see what title that gives them to stand by our sides in the guidance of the affairs of their nation and ours? We have made partners of the women in this war;

shall we admit them only to a partnership of suffering and sacrifice and toil and not to a partnership of privilege and right?”

The 20th century brought increased educational and employment opportunities and forced re-evaluation of traditional views of women’s roles, as women fought for political and economic power. Women from diverse backgrounds reached outside social stigmas and created new and wider limits.

### Women’s Equality Day Quiz

1. Aug. 26 is celebrated as Women’s Equality day to commemorate

a. the work women did during World War II

b. the anniversary of women winning the right to vote

c. the flappers of the 1920s

d. the contemporary women’s rights movement
2. In what year did Congresswoman Bella Abzug introduce legislation to ensure that this important anniversary would be celebrated?

a. 1992

b. 1984

c. 1971

d. 1965
3. In what year did women in the United States win the right to vote?

a. 1776

b. 1848

c. 1920

d. 1946
4. What was the name given to the 19th Amendment to the Constitution that guaranteed women the right to vote in the United States?

a. Abigail Adams Amendment

b. Sojourner Truth Amendment

c. Susan B. Anthony Amendment

d. Gloria Steinem Amendment

(Sources: “Women’s Equality Day – Aug 26th,” Defense Equal Opportunity Management Institute and <http://www.nwhp.org>)

WOULD YOU LIKE TO LIQUIDATE  
YOUR CREDIT CARD DEBT?

IT CAN HAPPEN.

The Financial Readiness Program at Army Community Service offers this new service. For more information, call 221-1612.





# Post Pulse: What was the best part of your first day of school?



*“Recess because one of my best friends was in a different class, and I got to play with her.”*  
**Jenna Frey**  
Second grade



*“I liked my reading assignment. We matched colors to the words. I like challenges.”*  
**Michael Nelson**  
First grade



*“I got to see all my friends again.”*  
**Lauren Nelson**  
Sixth grade



*“I liked meeting new people.”*  
**Morgan Lewis**  
Fourth grade

## SCHOOL NEWS

### Fort Sam Houston Independent School District

#### Weekly Campus Activities – Monday to Aug. 27

#### Fort Sam Houston Elementary School

**Tuesday**  
Open house for grades 4, 5 and 6 at 6 p.m.

**Wednesday**  
Open house for pre-kindergarten at 10 a.m. group  
Open house for pre-kindergarten at 2 p.m. group  
Open house for kindergarten at 4 p.m.

**Aug. 25**  
Fort Sam Houston ISD School Board Meeting in Professional Development Center at 11 a.m.

**Aug. 26**  
Spirit Day

#### Robert G. Cole Jr./Sr. High School

**Monday**  
Monday night band rehearsal at Cole Field at 6 p.m.

**Tuesday**  
Girls’ junior varsity and varsity volleyball at TMI at 5 and 6 p.m.

**Wednesday**  
Girls’ varsity volleyball tournament at La Pryor

**Aug. 25**  
Junior ring orders in cafeteria, advisory  
Fort Sam Houston ISD school board meeting in the Professional Development Center at 11 a.m.  
Open house for grades 9 through 12 in the Moseley gym at 6:30 p.m.

**Aug. 26**  
Band “pot luck” dinner in cafeteria at 5:30 p.m.  
Varsity football vs. Three Rivers at Cole at 7:30 p.m.

**Aug. 27**  
Cross country meet vs. Incarnate Word High School at Fort Sam Houston near the Salado Park pool area  
Junior varsity girls at 8 a.m.  
Varsity girls at 8:30 a.m.  
Junior varsity boys at 9 a.m.  
Varsity boys at 9:30 a.m.

## CHILD AND YOUTH SERVICES



### Youth Happenings

#### Before, after school care program

Registration for School Age Services before and after school program is ongoing at Central Registration, Building 2797. Patrons will need to register even if they are currently using the program. For more information, call Central Registration at 221-4871 or 221-1723.

#### Free after school program

Youth Services offers a free after school program for sixth to ninth graders Monday through Friday until 6 p.m. YS will pick up children from the school (either the elementary or the high school). At the Youth Center, they will have a snack, work on homework, participate in clubs and do fun, innovative projects at the 4-H club, photography club and the computer tech club. Youth must be registered with Child and Youth Services for an \$18 annual fee, but there is no cost for the program. For more information, call 221-3502.

#### Cheer registration

Cheer registration for the football season is ongoing at the Youth Center Monday through Friday from 10 a.m. to 8 p.m. for youth ages 5 to 12. The cost for cheerleading is \$65 for the first child and \$60 for the second. All youth must be reg-

istered with Child and Youth Services, and a birth certificate and proof of a physical are required to play. Space is limited. For more information, call 221-3502 or 221-5513.

#### Saturday open recreation

The Youth Center sponsors an open recreation Saturdays for first through 12th graders: first to fifth graders meet from 3 to 8 p.m., sixth to eighth graders meet from 3 to 10 p.m. and ninth to 12th graders meet 3 to 11 p.m. Activities include computer lab, arts and crafts, basketball, pool, pingpong and movies. Youth must be registered with Child and Youth Services to attend. For more information, call 221-3502.

#### Cooking classes

The Youth Center offers cooking classes every Friday from 5 to 6 p.m. For more information, call 221-3502.

#### IMPACT recreation

The IMPACT Recreation Group will sponsor a basketball recreation program Saturdays from 11 a.m. to noon at School Age Services, Building 1705, for families with special needs youth registered with Child and Youth Services. Parents with special needs youth must stay and participate. For more information, call Robin at 497-6310.

#### AHFSH Soccer League registration

Soccer registration will be Saturday from 10 a.m. to 3 p.m. and Wednesday from 6 to 8 p.m. at the Youth Center, Building 1630. The cost will be \$50 for military youth. All youth must be reg-

tered with Child and Youth Services and must have proof of a physical. For more information, call 221-5513 or 221-3502.

#### Youth horsemanship camp

Students ages 7 through 18 can learn proper riding forms as well as a variety of horse care techniques during any of the eight five-day sessions available through August. The cost is \$175. For registration information, call 224-7207.

#### Youth Services volunteers

YS is looking for volunteers to assist with youth programs such as golf, roller hockey and tennis. They also need sports coaches, computer-skilled people, craft experts and clerical experts. For more information, call the Youth Center at 221-3502.

### Parent News

#### PCI/Headstart

Parent Child Incorporated/Headstart will be out of session through Friday for in-service. If patrons need assistance with child care arrangements, call Central Registration at 221-4871 or 221-1723. During pre-service, the PCI office will be taking applications. To enroll, patrons must meet the federal guidelines. PCI is a free child care program. For more information, call 221-3788.

#### ArmyFCC.com

Fort Sam Houston Family Child Care Program is now on ArmyFCC.com, a Web-based information and referral tool for parents interested in FCC. The Web site includes both a public and a private section

describing each installation’s program and more information on providers. Soldiers and qualified civilians must be registered through Child and Youth Services to benefit from any CYS programs to include FCC. For more information, call Central Registration at 221-4871 or 221-1723.

#### Home-based child care

Family Child Care offers home-based child care for ages 4 weeks to 12 years on and off post with certified providers. FCC offers full day, part day, before and after school care, hourly care, extended hourly care and long term care. For referral information or child registration, call Central Registration at 221-4871 or 221-1723.

#### FCC providers

Family Child Care is looking for family members interested in becoming certified FCC providers. There is a no-cost start-up plan. For more information, call 221-3820 or 221-3828.

#### CDC preschool program

The Child Development Center is conducting a survey for interest in the fall 2005 part day preschool program. Part day options would be three- and five-day preschool from 9 a.m. to 2 p.m. and would run through the school year. Lunch would be provided. To put your child’s name on the preschool list, call Central Registration at 221-4871 or 221-1723.

#### Check wait list

Patrons on the full-time day care wait list at the Child Development Center should check their status on the wait list to avoid losing status. To check status, call Central Registration at 221-4871 or 221-1723.



# COMMUNITY LINK



## Happenings

**Disability Awareness Night**

The Missions Baseball Club will sponsor its first Disability Awareness Night today at the Missions Stadium. Kathy McKinney, a Fort Sam Houston civilian employee selected for the Maxwell J. Schleifer Distinguished Service Award, will be honored before the game. The pre-game presentation starts at 6:24 p.m., and the game, San Antonio Missions vs. Tulsa Drillers, starts at 7:05 p.m. The cost is \$6 per ticket with \$1 refreshments. For more information, call Bill Gerlt at 675-7275, ext. 213.

**Single Parent Support Series**

Army Community Service Family Advocacy Program presents the Single Parent Support Series. The series discusses topics including healthy perceptions of family, parenting skills unique to the single parenting lifestyle, factors influencing single parenting, custody and child support issues, and the impact of separation on children and resources available for single parents and their children. Classes start Sept. 9, and continue every Friday for six weeks from 11 a.m. to 12:30 p.m. at the Red Cross, Building 2650, on Patch Road. For more information, call 221-0349 or 221-2418 or visit [www.portsamhoustonmwr.com](http://www.portsamhoustonmwr.com). This class is open to all military ID card holders and Department of Defense civilians.

**Rainbow kids stay busy**

The Rainbow Kids touring and performing arts group is dedicated to presenting professional quality, family style entertainment in a variety of ways. The Rainbow Kids will perform Aug. 27 at 6, 6:50 and 7:30 p.m. at the River City mall (lagoon area) and Sept. 10 at 2 p.m. at the USAA Towers. The Rainbow Kids are sponsored by the Fort Sam Houston Youth Activities under the direction of Ron Joy. For more information, call 348-8014 or 295-2093.

**BAMC computer sale**

FSM Leasing offers employees and contractors the opportunity to purchase one or more of the IBM computers currently used at Brooke Army Medical Center for \$249 per machine plus \$19.92 sales tax. PCs without monitor can also be purchased for \$199 plus sales tax. Forms of payment are cash, money order, certified checks, credit cards or personal checks. For more information, call Roy Hayes at 916-3577 or Herb Jones at 916-3132.

**Glenn Miller Orchestra**

The Veterans of Foreign Wars of the United States and the Knights of Columbus will sponsor the world-famous Glenn Miller Orchestra, to perform in San Antonio to honor war heroes and veterans, past and present. The performance will be at La Villita Assembly Hall Sept. 19. Tickets are \$40. For more information, call 681-4688, 735-5003 or 684-9555.

**Join Cub Scouts**

Cub Scout Pack 23 invites you to their scouting round up at Fort Sam Houston Elementary School today or Tuesday from 6 to 7:30 p.m. All boys who join will receive a free pinewood derby race car and a voucher for a Spurs game. For more information, call Cindy Mathis at 826-1730 or e-mail at [Cubscouts23@sbcglobal.net](mailto:Cubscouts23@sbcglobal.net).

**Palo Alto College scholarships**

The Conjunto Music Program at Palo Alto College will offer scholarships, which range from \$500 to \$1,000 per semester, to musicians who successfully pass an audition, enroll at PAC and join the program’s performing ensemble. Interested musicians should be proficient as a vocalist or in one or more of the following instruments: but-

ton accordion, bajo sexto, bass or drums. Proficiency in other instruments such as the guitar, saxophone, keyboards and percussion will also be considered. Auditions will be conducted through August. For more information, call 531-9505.

**Publication seeks war stories**

War Stories Journal, a new e-publication produced by S. Daniel Smith, requests stories from current and former members of the armed forces. The quarterly’s launch will mark the first journal that tells history from the first-person viewpoint of those who were there. First-person narratives and photos will depict wartime and peacetime activities. Fiction writing will also be showcased, according to the publisher. Writers can find submission guidelines on the quarterly’s Web site at <http://sdansmith.tripod.com>.

**Antonian All-Comers 5K Run**

Antonian College Prep High School invites all to the 5K cross country run Aug. 26 at 6:30 p.m. at the San Antonio State School. Pre-registration cost is \$15, and race day registration is from 5 p.m. to 6:15 p.m. The cost is \$20. Online registration is available at [www.iaapweb.com](http://www.iaapweb.com). For more information, call Jasen Anno at 344-9265 ext. 314 or Jose Iniguez at 558-7828.

**ACTS weekend retreat**

The St. Anthony Retreat Center will sponsor a weekend retreat for those affected by HIV/AIDS. The retreat is Sept. 22 to 25. Scholarships are available. For more information, call Leroy Perez at 922-2574 or 358-7283.

**Bat boy (girl) opportunity**

Kraft Foods will honor military children with its bat boy program. The honorary bat boys (or girls) will receive a Missions cap and special T-shirt, tickets for the family to attend the game, and participate on the field for the opening ceremonies at home games Friday, Saturday or Sunday. To register for bat boy (girl), send a postcard to the San Antonio Missions Baseball Club at Kraft Singles Honorary Bat boy, 5757 Highway 90 West, San Antonio, TX, 78277. For more information, call 221-2307.

**Free SeaWorld admissions**

Anheuser-Busch adventure parks will salute the men and women of the armed forces and their families throughout 2005 under its “Here’s to the Heroes” special. Military members and as many as three direct dependents may enter any one of Anheuser-Busch’s SeaWorld, Busch Gardens or Sesame Place parks with a single-day complimentary admission. Eligible members can either register online at [www.herosalute.com](http://www.herosalute.com) or in the entrance plaza of participating parks, and must show a Department of Defense photo ID. For more information, visit [www.herosalute.com](http://www.herosalute.com).

## Professional Development

**Resume, interview workshops**

The family employment readiness program will offer a job interview skills workshop Wednesday from 9 a.m. to 12 p.m. at the Roadrunner Community Center. Reservations are requested. A valid military family member ID card is required. For more information, call 221-0516 or 221-0427.

**Free computer training**

Family members of active duty military personnel may receive computer training for the job market through the family employment readiness program. Automated, self-paced training is available on all Microsoft

Office software (Word, Excel, Access and PowerPoint), Windows, Outlook, Quick Books (accounting), customer service, and clerical and typing skills. Typing instructions are also available in Spanish. For more information, call 221-0516 or 221-0427.

**San Antonio military job fair**

The semiannual San Antonio military job fair is Sept. 21 from 9:30 a.m. to 3 p.m. at the Live Oak Civic Center, 8101 Pat Booker Road, located at the junction of Interstate Highway 35 and Anderson Loop 1604. There will be more than 100 employers represented. To view a list of participating employers, visit the Army Career and Alumni Program Web site at [http://acap.army.mil/acap\\_centers/Centers/CenterDetailView.cfm](http://acap.army.mil/acap_centers/Centers/CenterDetailView.cfm). For more information, call the ACAP Center at 221-1213.

**Army health care recruiting**

A health care professional’s greatest calling is to serve the Soldiers that defend our nation’s freedom. The U.S. Army offers virtually every health care specialty found in the civilian sector. Call an Army health care recruiter to learn about opportunities for direct commissions, scholarships, internships and residencies at 692-7376 or visit [www.healthcare.goarmy.com](http://www.healthcare.goarmy.com).

**St. Mary’s offers master’s degree**

St. Mary’s University would like to offer the master of arts in international relations for personnel at Fort Sam Houston. This 36-hour program is currently offered on campus on-line and can be completed in two years. Several concentrations are available: Inter-american studies, international conflict resolution, international criminal justice and crime control, and international development studies and security policy. A military tuition grant is offered to active duty military, retired military, Department of Defense civilians and the spouses of these groups. If you are interested in having this program on post, call Judy Olivier at 226-3360, or stop by Building 2248, Room 206.

## Volunteer

**SAMM volunteer opportunity**

San Antonio Metropolitan Ministry, a non-profit organization that runs the largest homeless shelter and transitional housing program in San Antonio, seeks volunteers for its various charity missions. For more information on upcoming projects, call Betty Schwartz at 340-0302, extension 224.

**WHMC periodontics seeks patients**

The Wilford Hall Medical Center Department of Periodontics at Lackland Air Force Base seeks patients with specific needs for treatment in the periodontics residency program. Applicants must be a military retiree, family member of a retiree or family member of an active duty member and have been recently determined by a dentist to have an existing periodontal condition. Eligible patients must have a written consult from their referring dentist and can either bring it to MacKown Dental Clinic or fax it to 292-5193. For more information, call 292-7273.

**Volunteer ombudsmen needed**

The Alamo Area Council of Governments’ Alamo and Bexar area agencies on aging are looking for caring individuals to become certified volunteer ombudsmen. Ombudsmen are advocates for elders’ rights. The ombudsmen programs are composed primarily of volunteers. AACOG staff administers a specialized training program, certified by the Texas Department of Aging and Disability Services, to teach volunteers how to advocate for the elderly in long-term

care. For more information, call 362-5226 for Bexar County or 362-5223 for the Alamo Region or visit [www.aacog.com/aging](http://www.aacog.com/aging).

**UFE procedure available**

The department of interventional radiology at Wilford Hall Medical Center is accepting patients for nonsurgical treatment of symptomatic uterine fibroids. Uterine artery embolization is a minimally invasive, safe and effective procedure that can be performed for most patients with symptomatic uterine fibroids. People who desire an evaluation should call 292-5262 and ask for Maj. George Leon, Lt. Col. David Condie or Lt. Col. Thomas Seay.

**BAMC needs volunteers**

Brooke Army Medical Center seeks volunteer drivers for its caremobiles, which transport patients from the BAMC parking lot to the clinic entrance. For more information, call Jessica Veilluex at 916-3862.

## Meetings

**AMSC Luncheon**

The Alamo Chapter of the American Society of Military Comptrollers invites all members and non-members to attend August’s luncheon hosted by the Air Force Audit Agency. Guest speaker is Tony Ames, associate director, Air and Space Operations Audits. Topic will be “Auditing in the Central Command Area of Responsibility.” Join us at the Brooks Club, Brooks City-Base Aug. 30 from 11 a.m. to 1 p.m. RSVP by Monday. For more information, call Wayne Wanner at 221-7029.

**SMA seeks new members**

The Fort Sam Houston Sergeants Major Association meets every third Thursday of the month at 6 p.m. in the Sam Houston Club. Command Sgt. Maj. Timothy W. Burke, president of the association, invites active duty and retired command sergeants major, sergeants major and master sergeants on the promotion list from all service branches to the meetings. For more information, call Sgt. Maj. Danielle Lewis at 916-4114 or Sgt. Maj. Kyong In Nichols at 221-1266.

**USAWOA Lone Star Chapter**

The Lone Star Chapter of the United States Army Warrant Officers Association will meet at 7 p.m. on the third Monday of each month at VFW Post #8541, 2222 Austin Highway (between Rittiman and Eisenhower). All active duty, retired, Reserve, National Guard and family members of current or former warrant officers are invited to attend. For more information, call Randy Blackburn at 295-2143 or e-mail [randy.blackburn@samhouston.army.mil](mailto:randy.blackburn@samhouston.army.mil).

**Association seeks members**

The Alamo Silver Wings Airborne Association, VFW 9186, seeks members for its organization. Join the spirit and tradition of airborne. Meetings are every third Thursday. For more information, call Joe Turella at 657-0028.

**BOSS seeks single Soldiers**

The Better Opportunities for Single Soldiers meets the first and third Wednesday of every month at 1:30 p.m. at the Hacienda Recreation Center. The BOSS committee was established to provide Soldiers input to the commander, who uses the committee’s recommendations to improve single Soldiers’ Morale, Welfare and Recreation programs. For more information, call Sgt. 1st Class Edward Castro at 221-8760.



# FORT FREEBIES



*Freebies are published on a first-come, first-served basis. Commercial advertisements are prohibited. The deadline is noon Monday. Freebies are intended for personal household goods and privately owned property, and may only be submitted by active, retired or reserve component military members and civilian employees working on Fort Sam Houston. Real estate ads will not be published. To submit paid classified ads or commercial advertising, call Prime Time at 453-3300. To submit a Fort Freebie, e-mail to [news.leader@samhouston.army.mil](mailto:news.leader@samhouston.army.mil) or fax to 221-1198. Ensure your military and Fort Sam Houston civil service status, phone number and name appear on request. Freebies run for one week unless submitter calls to renew. There is a two-week maximum and a limit of five items per entry. For more information, call 221-1031.*

**For Sale:** Dinette set, four chairs and hutch, solid wood, \$350; Hedstrom hobby horse, like new, \$50; computer desk, \$65; white storm screen door with frame, \$50; 1994 red Volvo, perfect condition, low miles, all new parts and tires, \$8,900 obo. Call 633-3859.

**For Sale:** Bone china (colonel) dinner set for eight with eagle, and matching tea/coffee set, with gold trim and a sliver eagle, \$80. Call 698-8481.

**For Sale:** 2004 Honda Civic, like new, CD, a/c, cruise control, power windows and locks, anti-theft device, \$13,000. Call 381-6430 or 221-8378.

**For Sale:** Three piece shrunk \$750, obo. Call 224-0739.

**For Sale:** Two-piece dining room hutch, base with drawers and glass enclosed top, \$350;

roll-top desk with side drawers, \$85; five-piece bedroom set, includes double-size headboard, night stand, chest of drawers, triple dresser and mirror with shelf unit, \$400; Bentwood rocking chair, \$25. Call 495-2296 or 286-2349.

**For Sale:** One-year-old female Rottweiler, great with kids needs a big loving home, asking \$200, paid \$350. Call 822-9491.

**For Sale:** John Deere Scots lawnmower, \$600; car seats, \$25 each; Amana refrigerator like new, \$600; hamsters, \$5 each; port-a-crib, \$15; baby walker, \$5. Call 221-0045.

**For Sale:** Glucometer elite XL diabetes care system, new, includes three boxes of blood glucose test strips (50 count each), \$100 firm; Toshiba laptop computer with 333 mhz, K6.2 processor, CD-ROM, 56K, V-90 modem, CaseLogic carry case and extra mouse, \$475

firm. Call 359-6827 after 5 p.m.

**For Sale:** Six foot chain link fence, comes with two gates, one 43 inches and one 36 inches, includes posts and approximately 97 feet of fence, \$80. Call 382-0766.

**For Sale:** Graco Duoglider double stroller, \$45; double stroller, side by side, \$15. Call 824-4770.

**For Sale:** Entertainment center, \$25; girls' bike, \$5; two glass endtables, \$10; sofa sleeper and loveseat, \$200. Can e-mail photos. Call 271-3661.

**For Sale:** Gameboy Advance, Nintendo, X box, and PlayStation 2 games, prices range from \$5 to \$10. Call 824-8981.

**For Sale:** Living room set: two piece sand-colored sectional sofa, \$450; blue patterned recliner with matching table and lamp,

\$125; oak and glass coffee table, \$65, in good condition, \$575 takes all. Call 410-3051.

**For Sale:** Contemporary print sofa, loveseat, chair and ottoman with matching window valance and two counter stools, \$550, great condition; 1989 white GMC Jimmy, \$1,700. Call 659-3624.

**For Sale:** Microwave, \$25; commercial copy machine, \$300; Cannon fax machine, \$25; two-piece computer desk, \$50; Sunbeam coffee maker, \$10. Call Sandy at \$241-1291 or 637-7322.

**Free:** Two playful, adorable male kittens, 6 weeks old, have first set of shots, free to good home. Call Eva at 385-0415.

**Free:** One-and-a-half-year-old black short haired cat with de-clawed front and back paws, neutered, up-to-date shots, great with kids, other cats and dogs, free to good home. Call 224-0739.